



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 35150, Fish, salmon, coho (silver), raw (Alaska Native)

Report Date: July 16, 2017 02:48 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water ¹	g	69.38	1	--
Energy	kcal	140	--	--
Energy	kJ	587	--	--
Protein ¹	g	22.56	1	--
Total lipid (fat) ¹	g	5.57	1	--
Ash ¹	g	1.24	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca ¹	mg	5	1	--
Iron, Fe ¹	mg	0.55	1	--
Magnesium, Mg ¹	mg	28	1	--
Phosphorus, P ¹	mg	240	1	--
Potassium, K ¹	mg	380	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na ¹	mg	58	1	--
Zinc, Zn	mg	0.41	--	--
Copper, Cu	mg	0.051	--	--
Selenium, Se ¹	µg	27.6	1	--
Vitamins				
Vitamin C, total ascorbic acid ¹	mg	0.0	1	--
Thiamin ¹	mg	0.152	1	--
Riboflavin ¹	mg	0.189	1	--
Niacin ¹	mg	7.930	1	--
Pantothenic acid ¹	mg	1.230	1	--
Vitamin B-6 ¹	mg	0.225	1	--
Folate, total ¹	µg	13	1	--
Folic acid	µg	0	--	--
Folate, food	µg	13	--	--
Folate, DFE	µg	13	--	--
Vitamin B-12 ¹	µg	8.52	1	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	30	--	--
Retinol	µg	30	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	100	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) ¹	mg	0.81	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta ¹	mg	0.01	1	--
Tocopherol, gamma ¹	mg	0.01	1	--
Tocopherol, delta ¹	mg	0.00	1	--
Vitamin K (phylloquinone) ¹	µg	0.2	1	--
Lipids				
Fatty acids, total saturated	g	0.904	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
8:0 ¹	g	0.000	1	--
10:0 ¹	g	0.000	1	--
12:0 ¹	g	0.000	1	--
14:0 ¹	g	0.157	1	--
15:0 ¹	g	0.012	1	--
16:0 ¹	g	0.605	1	--
17:0 ¹	g	0.012	1	--
18:0 ¹	g	0.109	1	--
20:0 ¹	g	0.009	1	--
22:0 ¹	g	0.000	1	--
24:0 ¹	g	0.000	1	--
Fatty acids, total monounsaturated	g	1.790	--	--
14:1 ¹	g	0.000	1	--
15:1 ¹	g	0.000	1	--
16:1 undifferentiated ¹	g	0.169	1	--
17:1 ¹	g	0.012	1	--
18:1 undifferentiated ¹	g	0.629	1	--
20:1 ¹	g	0.581	1	--
22:1 undifferentiated ¹	g	0.363	1	--
24:1 c ¹	g	0.036	1	--
Fatty acids, total polyunsaturated	g	2.410	--	--
18:2 undifferentiated ¹	g	0.089	1	--
18:2 n-6 c,c	g	0.089	--	--
18:3 undifferentiated ¹	g	0.089	1	--
18:3 n-3 c,c,c (ALA)	g	0.089	--	--
18:4 ¹	g	0.089	1	--
20:2 n-6 c,c ¹	g	0.022	1	--
20:3 undifferentiated ¹	g	0.000	1	--
20:4 undifferentiated ¹	g	0.067	1	--
20:4 n-6	g	0.670	--	--
20:5 n-3 (EPA) ¹	g	0.491	1	--
21:5 ¹	g	0.022	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
22:4 ¹	g	0.000	1	--
22:5 n-3 (DPA) ¹	g	0.178	1	--
22:6 n-3 (DHA) ¹	g	1.385	1	--
Cholesterol ¹	mg	58	1	--
Amino Acids				
Tryptophan ¹	g	0.330	--	--
Threonine ¹	g	0.970	--	--
Isoleucine ¹	g	0.900	--	--
Leucine ¹	g	1.610	--	--
Lysine ¹	g	1.810	--	--
Methionine ¹	g	0.710	--	--
Cystine ¹	g	0.250	--	--
Phenylalanine ¹	g	0.910	--	--
Tyrosine ¹	g	0.720	--	--
Valine ¹	g	1.030	--	--
Arginine ¹	g	1.140	--	--
Histidine ¹	g	0.490	--	--
Alanine ¹	g	1.290	--	--
Aspartic acid ¹	g	2.650	--	--
Glutamic acid ¹	g	3.100	--	--
Glycine ¹	g	0.970	--	--
Proline ¹	g	0.780	--	--
Serine ¹	g	0.840	--	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD